



# **US Army Pregnancy/Postpartum Physical Training Program (PPPT)**

## **Business Case Analysis**

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# Purpose

- **Review program background development**
- **Review program key points and components**
- **Review requirements for PPPT implementation**
- **Present budget actions to facilitate PPPT implementation**
- **Provide recommendations for Army-wide program implementation**



# Facts

- **Army has a responsibility to provide safe, adequate training and guidance for Soldiers to meet fitness standards it requires**
- **Priority is to maintain fitness during pregnancy and to return fit Soldiers back to unit PT after delivery**
- **Exercise during pregnancy and postpartum is beneficial to the Soldier and her baby**
- **Retention was enhanced by participation in PPPT**



# Challenge

## Maintain Fitness and Retention

- **1.3% AD Force delivers a child annually**
- **No standardized Army PT program for pregnant/postpartum Soldiers, therefore:**
  - **Reduction in fitness levels**
  - **Increase in injuries/ illnesses**
  - **Retention concern**
- **Current Army policies inadequate**
- **Army Family Action Plan issue with G-1 as the lead**



# AFAP Issue # 532

## Standardized Army-wide Pregnancy Program for Soldiers

### **Scope:**

- Limited installations offer educational and physical fitness training programs for pregnant and postpartum Soldiers
- Unavailability or lack of participation has a negative impact on readiness and well being of the Soldier
- Unsatisfactory APFT scores and meeting weight standards

### **Conference Recommendations:**

Develop and implement a standardized, mandatory, Army-wide physical training program that encompasses both the period of pregnancy and postpartum period with command emphasis on:



# **Solution**

## **WHAT?**

- **Establishment of Army-wide PPPT program IAW MEDCOM recommended standards and policies**

## **HOW?**

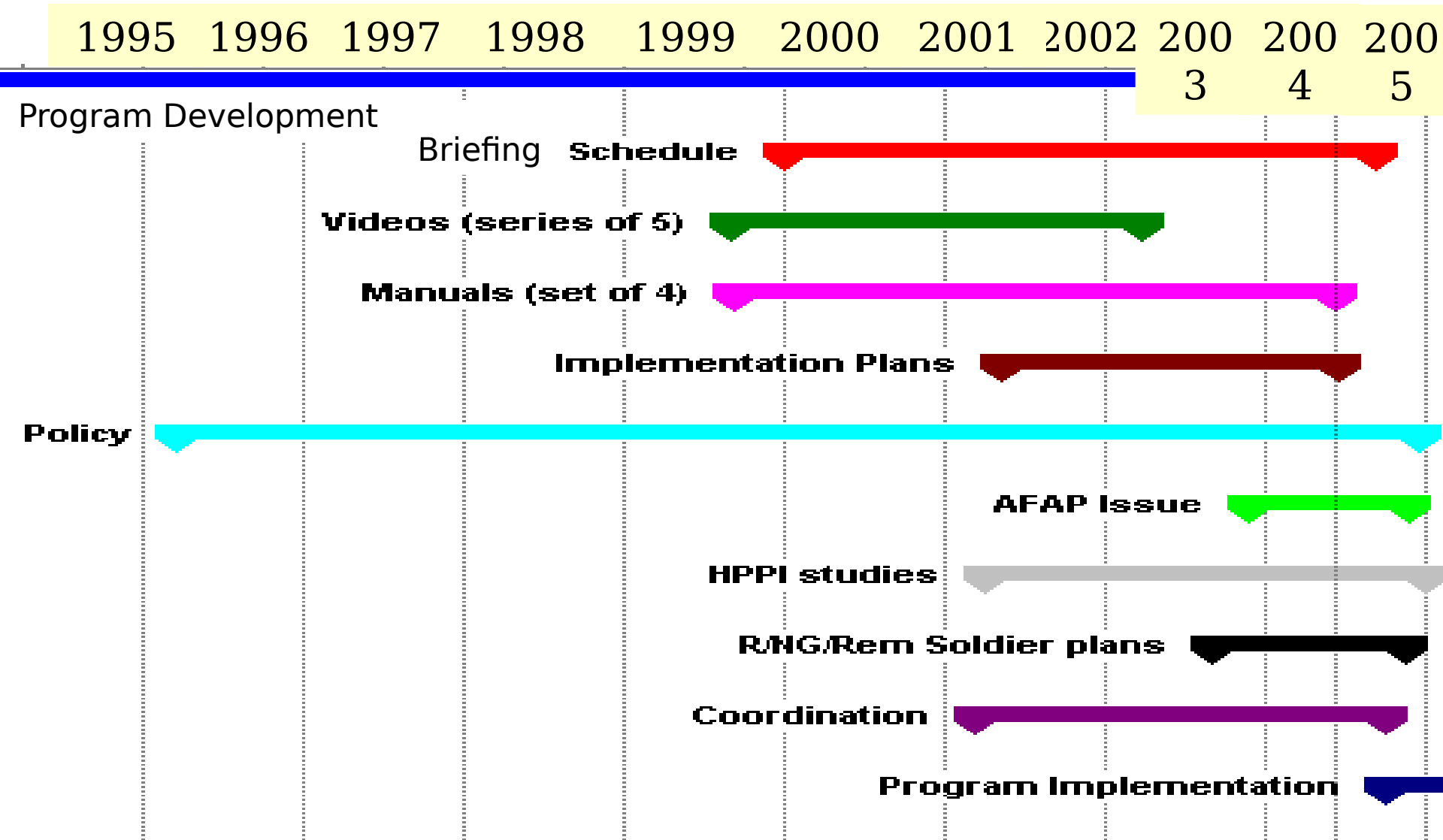
- **G1 and G3 mandate approved PPPT Program as a component of US Army Physical Fitness Program with coordination from MEDCOM and ACSIM/ IMA.**

## **WHY?**

- **Consistent with AR 350-1, Education and Training and AR 40-501, Standards of Medical Fitness**
- **Shown to be effective and safe**
- **Provides benefits of readiness/medical cost avoidance**



# Development/Implementati on





# Science-Based Program

**Affect Readiness by Maximizing the Return to Fitness**

## **BENEFITS of CONSISTENT PARTICIPATION**

**Improve maternal fitness performance**

**Increased postpartum fitness levels**

**Reduce body fat and weight gain**

**Increase morale by providing safe PT**

**Lessen physical discomforts during pregnancy, labor, and delivery**

**Reduce cesarean rate**

**Increase self-esteem and reduced stress**

**Improve health benefits and well-being**

Recommends implementation of pregnancy/PP fitness programs at all installations





# **PPPT Program Resources**

- **Manuals**
- **Video Tapes**
- **Implementation Guide**
- **Educational Presentations**
- **USACHPPM Website**
  - **Resources**
  - **Data reports**
  - **Sample briefings**
- **Leaders Training Course**



# Program Evaluation

- **Readiness Impact**
  - Pre-pregnant vs. Post-delivery APFT measures indicate **FITNESS LEVELS MAINTAINED**
  - No statistically significant difference in pre-pregnant and post-delivery APFT total scores
- **Retention Impact**
  - **14% PPPT participants influenced by program NOT to Chapter 8**
- **Economic Benefit**
  - **Estimated cost avoidance of \$18,421,020 per year**
  - **Readiness and medical costs avoided**



# Pregnancy/ Postpartum Exercises

- Centering
- Strengthening
- Flexibility
- Special exercises
- Cardiovascular
- Relaxation/ Stress Management
- Core strength/ calisthenics





# Local PPPT Implementation

## Commander's Consolidated Installation Program

**PREGNANCY**

**Y** 9 + Months

**POSTPARTUM**

**M** 6 Months

**Diagnosis Delivery Convalescence Profile Recovery Postpartum PAPFT**

**40 Wks**

**6 Wks**

**4 Wks**

**Up to 14 Wks**

**Physical Training in Unit Pregnancy PT Program**

**Physical Training in At-Home Postpartum PT Program**

**Physical Training in Unit Postpartum PT Program**

**Regular unit PT activities begin at conclusion of 6-month recovery period as outlined in AR**



# Endstate

**PPPT as an Army program with**

- **Specified proponent designated by G3**
- **Dedicated resources**
- **Requirements to meet:**
  - **Standardization**
  - **Professional program management**
  - **Certified training expertise**
  - **Metric to measure program effectiveness**
- **Support from MEDCOM and ACSIM/ IMA to mission commanders for specified**

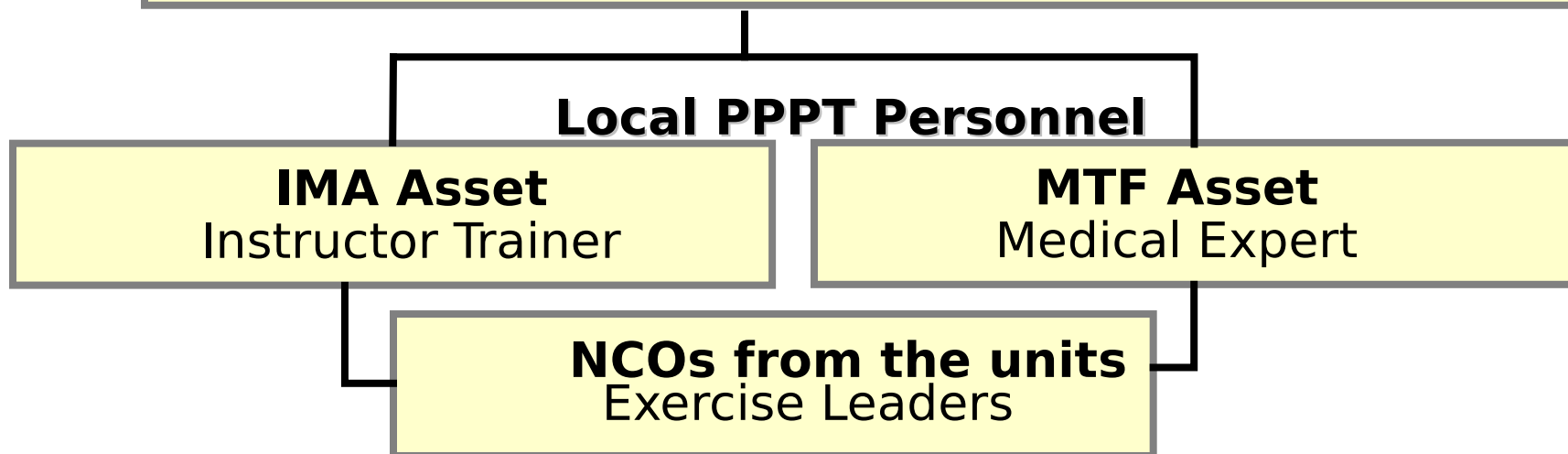


# Requirements

## Commander's Consolidated Installation Program

### PERSONNEL

#### US Army Physical Fitness Training Program Proponent



### FUNDING (FY 07-13)

Cost Per Enlisted Pregnancy Per Year	\$479	
ROI: Benefit to Cost Ratio		8.63
Break-Even Point	Year 1	
Costs	\$12,641,285	
Benefits (cost avoidance)	\$109,098,491	



# Cost / Benefit

## Installation Program Local (per year)

Costs - Year One of Implementation	\$ 43,552
Costs - Year Two and Beyond	\$ 39,452

## Installation Programs Army-wide (per year)

Costs - Year One of Implementation	\$ 1,938,498
Costs - Year Two and Beyond	\$ 1,783,798
Costs Avoided = Readiness Related Benefits	\$ 18,973,651
Costs Avoided = Medically Related Benefits	\$ 1,415,752

## Army-wide Economic Analysis (FY 07-13)

Costs	\$12,641,285
Benefits (cost avoidance)	\$109,098,491
ROI: Benefit to Cost Ratio	8.63
Break-Even Point Occurs at	Year 1
Cost Per Enlisted Pregnancy Per Year	<b>\$479</b>



# Costs

## Installation Programs Army-wide

*Cost - Year One of Implementation*

Description	One-Time	Recurring	Total
Labor <sup>1</sup>	\$ -	\$ 1,712,898	\$ 1,712,898
Medical Expert		\$ -	\$ -
Exercise Leaders		\$ -	\$ -
GS-11 Instructor Trainer		\$ 1,712,898	\$ 1,712,898
Travel <sup>2</sup>	\$ -	\$ 56,600	\$ 56,600
Supplies/Equipment <sup>3</sup>	\$ 154,700	\$ 14,300	\$ 169,000
Facilities	\$ -		\$ -
<b>Cost - Year One of Implementation</b>	<b>\$ 154,700</b>	<b>\$ 1,783,798</b>	<b>\$ 1,938,498</b>

*Costs - Year Two and Beyond*

Description	One-Time	Recurring	Total
Labor <sup>1</sup>	\$ -	\$ 1,712,898	\$ 1,712,898
Medical Expert		\$ -	\$ -
Exercise Leaders		\$ -	\$ -
GS-11 Instructor Trainer		\$ 1,712,898	\$ 1,666,471
Travel <sup>2</sup>	\$ -	\$ 56,600	\$ 56,600
Supplies/Equipment <sup>3</sup>	\$ -	\$ 14,300	\$ 14,300
Facilities	\$ -	\$ -	\$ -





# Benefits

**Benefits = Costs Avoided**

**\$18,973,651**

## ***Readiness Related Benefits***

- Average Recruitment and Training Dollars Lost \$ 11,959,939
- Productivity Cost Lost (based on work hours lost) \$ 5,597,960

**\$17,557,899**

## ***Qualitative Benefits***

### ***Medically Related Benefits***

- Reduced physical complaints during pregnancy. \$ 607,402
- Fewer complications associated with delivery \$ 808,339
- Recovered more rapidly from birth process
- Improved morale and sense of well-being

**\$1,415,752**



# Coordination

Endorsements for video scripts, manuals, implementation guide	
<b>OTSG Obstetrics/Gynecology medical consultant</b>	Concur
<b>OTSG Women's Health medical consultant</b>	Concur
<b>OTSG Women's and Maternal Health nursing consultant</b>	Concur
<b>OTSG Obstetrics/Gynecology Nursing consultant</b>	Concur
TRADOC Surgeon	Verbal support
FORSCOM Surgeon and FORSCOM G-1	Verbal support
G-1, Human Resources	Concur
Approval for content, safety, and local implementation guide strategies	
<b>Commandant, US Army Physical Fitness School</b>	Concur w/comments
USACHPPM staff coordination	
<b>Registered dietitian</b>	Concur
<b>Physical therapist</b>	Concur w/comments
<b>Pediatric physician</b>	Concur w/comments
<b>Health risk communication</b>	Concur w/comments
<b>Legal office</b>	Concur
<b>Health information office</b>	Concur
USACHPPM staff approval	Concur



# **Proposed Implementation Milestones**

- **TSG endorse program (completed June 05)**
- **ARs and policies updated (Submitted Aug 05)**
- **G1 endorse program**
- **G3 accept proponency**
- **ACSIM support provided**
- **MOUs and support agreements written**
- **PPPT specified program proponent personnel appointed, hired, resourced**
- **SME train PPPT specified program proponent personnel**
- **Implement PPPT Program Army-wide**
- **Local personnel trained**



# Recommendations

**Establishment of Army PPPT as component of Army's Physical Fitness Training Program IAW the developed standards.**

**TSG has endorsed PPPT program by:**

Approving staffing to G-1, G-3, and ACSIM for implementation.  
Update to AR 40-501 is in progress.

**Recommend the following -**

**G-1 facilitate Army-wide PPPT implementation by:**

Request G-3 and ACSIM endorsement of PPPT program

Distribute policies to implement PPPT programs Army-wide

Update AR 600-9 and AR 600-63

**G-3 accept proponency by:**

Approving proposed program and designating specified proponent

Authorizing resourcing of the Army PPPT Program

Updating AR 350-1 (as necessary)

**IMA support proposed PPPT program by:**

Provision of adequate and appropriate facilities/ equipment/ personnel to meet requirements for implementation as component of US Army Physical Fitness Training Program